

The summary of Project Lucidus Dreamificus

I will be only sharing personal experiences and anecdotes which relate with the project, which includes topics such as, Improving dream control, Increasing sleep quality, Retrieval during REM/NREM sleep and more.

Finding one : Extremely significant increase in probability of Lucidity as well as a significant increase in the quantity and quality of Post Sleep retrieval caused by long mid wakeful state [LMWS].

I have noticed a very sharp increase in my retrieval of my dreams if I've woken up in middle of the night, mostly unintentionally, however this hasn't really increased the likelihood of lucidity, what has significantly increased the likelihood^{*1} is re-sleeping after waking up and staying awake for at least 2 hours, this of course have potential cons such as irregular circadian rhythm, an unsuitable sleeping schedule and maybe a decrease in sleep quality^{*2}. Another thing I've noticed with the lucid dreams with this method is that your lucidity decreases as time passes on, which may be a common phenomenon for all lucids but I've found it interesting as it relates to an interesting phenomena during dreams. I've noticed the lucidity to decrease its effectiveness as time passes whereas you will continue to use different rituals^{*3}(or dream control techniques) even if you are more non lucid than lucid. I've plotted this "[graph](#)" to explain this phenomenon better.

^{*1} about 80% of the dreams were lucid

^{*2} It's just a hypothesis, I haven't really experienced it

^{*3} any method you do during sleep to control your dreams

Finding Two: A Retrieval session of memories/knowledge is possible but it does not alter the forgetting curve.

I've successfully had 2 different dreams where I've done recall and 2 different "types" of recall too. At first i was able to recall and construct a very basic mind map connection in my dreams, unfortunately the subconscious mind loves to kick you out of the dream into another dream or wakes you up, this is the case when you get lucid and try something your subconscious mind deems not appropriate for your current dream, which you weirdly can do whilst you are non-lucid. To this list of non appropriate tasks, Heavy retrieval of anything is there as well as spending too much time thinking and not observing the dream world. The connection I was able to make was very basic, [here](#) it is. However, this "kick" leads to a pseudo-type of sleep retrieval, where you are awake yet asleep, or probably pseudo-sleeping(False sleeping). It happens when you slowly shift from the dream world to the real world but stay still regardless and continue forming the mindmap, which leads to a more complicated mind map, [here](#). In the second dream, I was non-lucid and of course as mentioned previously, you are allowed to do the kick list tasks in dreams if you aren't lucid, so I was able to create this mind map of currency, economy and Fiat-Gold standard whilst i was explaining this to my friend. That was definitely a high order of retrieval which should've reset the forgetting curve but unfortunately, after waking up, I realized it served absolutely no purpose, the only thing able to reset this forgetting curve, is the

Post-Sleep retrieval, might as well use a Spaced Interleaving Technique instead. Which in hindsight is very obvious, if dreams alone could reset the forgetting curve, then we should have been able to remember all our dreams for a longer period of time and with high retention, but it obviously isn't the case.

Finding Three: A highly probabilistically likely way to summon dream characters[~80%] in lucid dreams is possible through Door Summoning V0.2 ritual.

I was able to summon 4 out of 5 characters successfully and one without the physical attributes I tried to summon. I will explain the DS V0.1 method and then talk about the improvements. Initially, you had to believe there's someone behind the door and open it. It was possible that the person would actually be behind the door, this was possible but very unlikely and the attributes/characteristics were not good either. I have successfully summoned doll versions of people with this method, and you have to close and re-open the door a bazillion times before a successful summon. DS V0.2 works on the same principle but with a very slight change, instead of opening a door yourself, you have to simply get a dream NPC to open the door for you, and gaslighting dream NPC to do something for you is relatively easy. There are different hypotheses as to why this works so well, but my most likely explanation is that your subconscious mind[The NPC] also believes that there is a person behind the door, which significantly increases the chances, I've summoned characters 100% of the time with 80% accuracy.

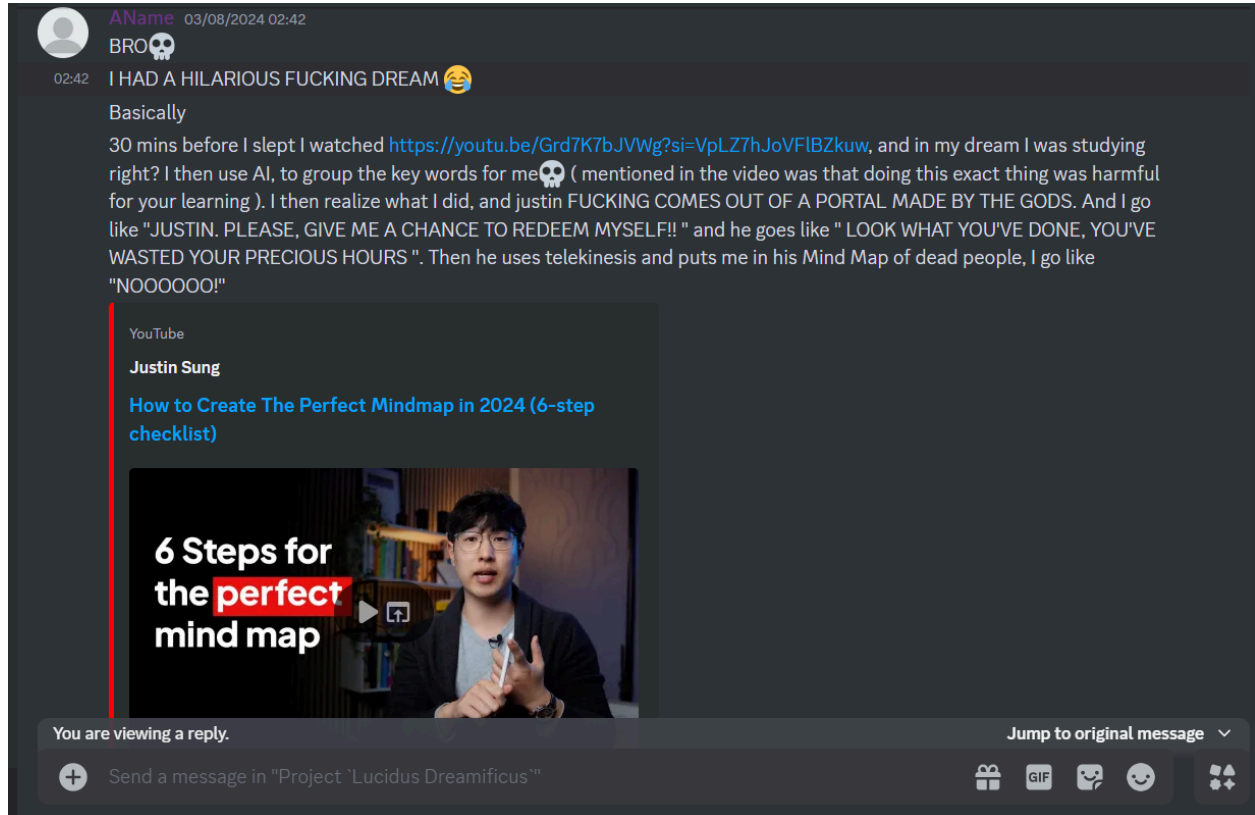
Finding Four: A very significant increase in sleep quality is possible through time restricted consumption.

For the past 8 days, I've experimented with not eating anything two hours prior to my bedtime. I've noticed a very significant increase in sleep quality [Original sleep quality + 20% additional out of a total of 100%]. I think there is literature behind this as your circadian rhythm is affected by food consumption, not too sure about the mechanism but the results are clear. The effects on day one are huge, you can feel the extra energy and it diminishes a bit after that day but the results are still there.

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Funny moments from this projects:

1. <https://discord.com/channels/1044665284411269300/1263212885367197717/1270684184540745768>
- 2.



A message:

I graduated from HS and had unlimited time, so I dedicated some time on this project, If i see any consistent effort towards this project by other members, Ill be happy to collaborate once more, but so far. It has gotten stagnant.